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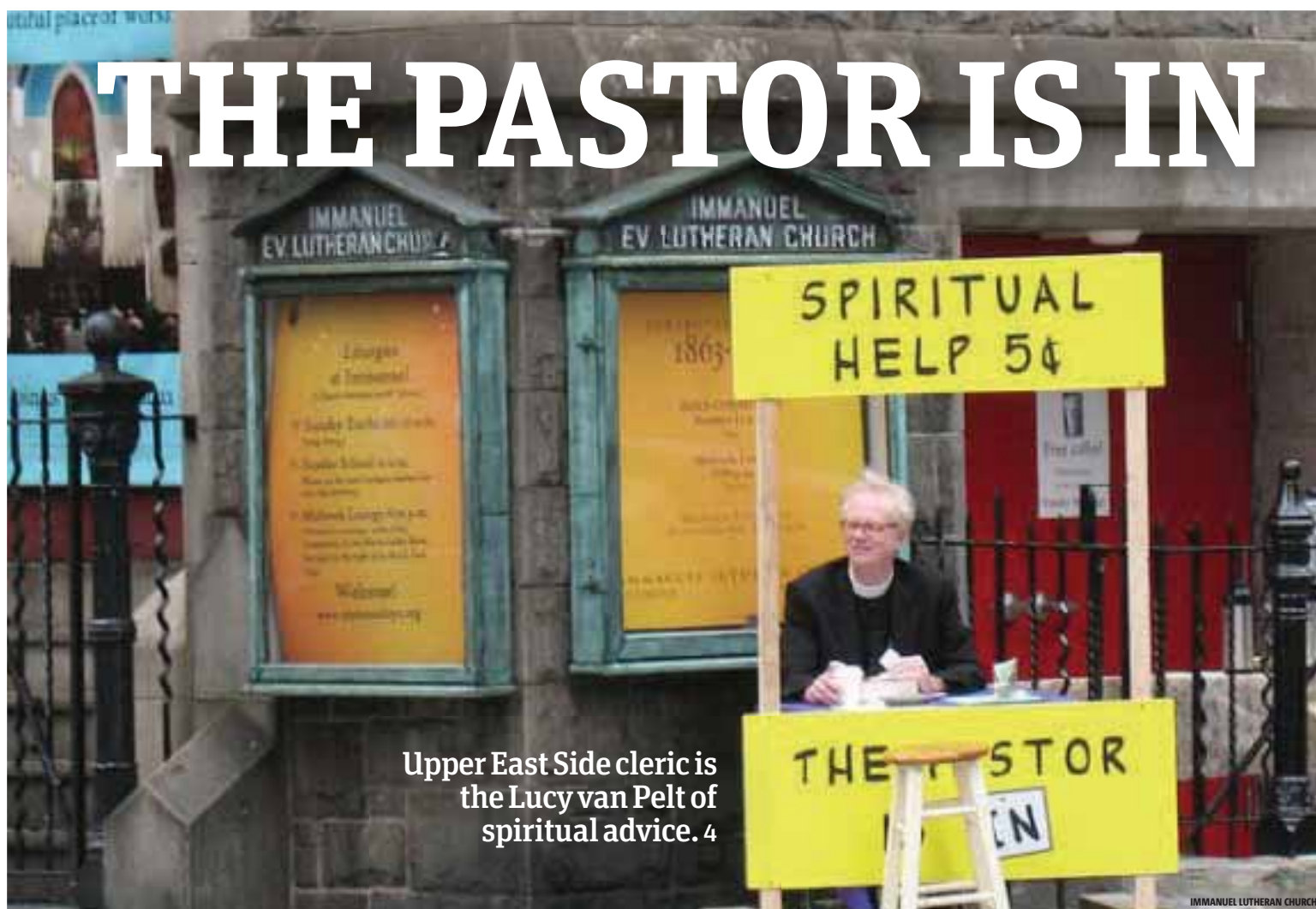
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Monday, November 28, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

THE PASTOR IS IN



Upper East Side cleric is
the Lucy van Pelt of
spiritual advice. 4

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1. What name did a prankster give Trump Tower on Google Maps?
2. How many yards receiving did Cleveland's Terrelle Pryor have against the Giants Sunday?
3. What percentage of Americans will spend at least some of the weekend between Thanksgiving and Cyber Monday shopping?

3 things you need to know

ADVISER WARNS TRUMP NOT TO PICK ROMNEY FOR SECRETARY OF STATE

In an internal dispute among Donald Trump's advisers broke out into the open when his campaign manager warned that the president-elect could face an intense backlash from supporters if he chose Mitt Romney to be his secretary of state. Trump has been weighing whether to pick Romney, the 2012 Republican presidential nominee who spent much of the past year criticizing Trump, or former New York City mayor Rudy Giuliani, who backed the real-estate mogul's insurgent presidential run. Giuliani would fit with the other loyalists and conservative hardliners that Trump has picked to fill out his administration so far, but he has drawn criticism for working as a consultant to foreign governments. **REUTERS**



ONE DEAD, NINE WOUNDED IN NEW ORLEANS BOURBON ST. SHOOTING

2A shooting in New Orleans' Bourbon Street tourist quarter killed one man and wounded nine other people early on Sunday, and police have arrested two people on weapons charges, authorities said. Dozens of officers who responded to reports of gunfire at about 1:30 a.m. found people aged between 20 and 37 wounded at the scene. Ambulances took the victims to hospitals, where one man died. Another victim was taken to a hospital by a private vehicle, the statement said. The victims were eight men and two women, and the cause of the incident is under investigation. Officers arrested two people at the scene on weapons charges, including one who was wounded. The shooting took place as New Orleans has deployed extra police patrols during the Bayou Classic weekend, which features a football game between Grambling State and Southern universities. **REUTERS**

THANKSGIVING, BLACK FRIDAY STORE SALES FALL, ONLINE RISES

3Sales and traffic at U.S. brick-and-mortar stores on Thanksgiving Day and Black Friday declined from last year, as stores offered discounts well beyond the weekend and more customers shopped online. Internet sales rose in the double digits on both days, surpassing \$3 billion for the first time on Black Friday, according to data. Data from analytics firm RetailNext showed net sales at brick-and-mortar stores fell 5.0 percent over the two days, while the number of transactions fell 7.9 percent. Preliminary data from retail research firm ShopperTrak showed that shopper visits to such stores fell a combined 1 percent during Thanksgiving and Black Friday when compared with the same days in 2015. **REUTERS**

For more local news, visit metro.usMETRO.US
MONDAY, NOVEMBER 28, 2016

GETTY IMAGES

ANY SIGNS OF SNOW AHEAD?

Bolaris' Weather Watch



I hope everyone had a chance to enjoy their holiday. Now we start the countdown to the next round of holidays: Christmas, Hanukkah, and I can't believe I'm already mentioning this, but New Year's Eve.

Digest that as you digest Grandma's leftovers, or whoever was "lucky" enough to do most of the cooking.

Let's start with this week. Obviously, your Monday is nice and dry with a decent amount of sunshine stretching all along the northeast corridor.

You will definitely need to grab the rain gear for the midweek period as a series of

storm systems, packing quite a bit of much-needed rain (the Northeast is still in drought conditions), will impact the entire region starting on Tuesday. For the most part, the rain should end Wednesday night in Philadelphia, but continue through Thursday morning in New York City and Boston, with average amounts of rain between 2-3 inches by the time it's all said and done on Thursday. The rain will come down heavy at times for Tuesday and Wednesday, along with gusty winds, but temperatures will be on the mild side as moist, southerly winds push the mercury into the 50s and 60s.

We are looking for a return to dry weather, along with a blustery chill, as we move into the weekend. Temperatures by day are expected to hover in

New York

Today: Sunny, High 53.

Tuesday: Morning rain, milder, High 62.

Wednesday: More rain by early afternoon, High 60.

Thursday: Rain ends before noon, High 59.

Friday: Sunny, High 51.

Saturday: Blustery, chilly, High 47.

Sunday: Partly cloudy, High 48.

the 40s and nighttime lows will dip into the 20s and 30s.

Long-range computer models are signaling a significant atmospheric shift toward much colder temperatures with a potential storm

developing for the time frame of Dec. 10-13 for the East Coast.

Early indications suggest an arctic shot will arrive around the start of the weekend of Dec. 10. This will happen on the heels of a storm that should move across central New England and possibly bring mountain snow.

After that, a storm system could start to take shape in the Gulf of Mexico and try to skirt up the East Coast, possibly bringing significant wet snow — even in the major cities.

Now we all know it's way too early to forecast with any degree of confidence this far in advance, but it is a sign that winter will be knocking on our door by the middle of December — just something to tuck away in the back of your mind.



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Pastor opens a 'Peanuts'-style booth in front of his Manhattan church

Immanuel Lutheran Church has its own Lucy van Pelt.



EVA KIS
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Pastor Gregory Fryer isn't waiting for people to come into his church — Upper East Side residents can find him every Tuesday morning on the sidewalk in front of it, his smiling face beaming out from a yellow booth identical to Lucy van Pelt's in the "Peanuts" comic strip.

"The idea of a pastor being available on the street, with a stool there for somebody to sit down on, that just seemed right," said Fryer, who spends about two hours every Tuesday morning beginning at 7:30 a.m. tending to the "hungry hearts" passing by Immanuel Lutheran Church on Lexington Avenue and 88th Street.

Fryer, 65, did everything from carefully scaling up the exact measurements of Lucy's booth to finding the font; the church's sex-



Pastor Gregory Fryer at his "Peanuts"-style booth in front of Immanuel Lutheran Church EVA KIS

ton built it. He was partly inspired by the character's "audacity, the courage to brazenly sit there out there in public and offer to deal with important matters."

The people who approach him "reflect the demographics of

the sidewalk," including Christians, Jews, some who haven't been to church for years. He gets all kinds of requests, large and small. A young woman asked for prayers to ward off a cold; another on her way to a job interview

wanted a little extra goodwill. Once, a well-dressed businesswoman sat down and burst into tears. "She said, 'I'm worried about my grandmother down in Florida, could you pray for her?' And I do," said Fryer, who also offers Bible sto-

ries that might help his solace-seekers. "And I've learned to have a box of tissues there."

Though the sign, as Lucy's, says the prayers cost five cents, Fryer actually has a plate of nickels sitting in front of him for people to

put in Lucy's jar if they want. That doesn't stop them from giving, even \$50 once, but the most memorable gift wasn't money. "A 4-year-old child sat on my stool, and he said, 'I love God, and I love daddy and I love mommy.' And then he said a prayer for me; I was really touched by that."

The booth is also a way to draw attention to the church, which was built in 1863 and can seem a bit imposing. For those persuaded to come inside on Tuesdays, there's also coffee and pastries to welcome anyone who needs a quiet moment of reflection before starting their day. And for those who may not have the time to stop, Fryer hopes they'll remember him when they do need to speak to a priest or to celebrate a special event.

The project is already having a more immediate effect. Some people take photos, telling him they'll pass it on to their own pastors and rabbis to inspire them to start a similar project. Fryer hopes they do — "I'd love the city to be filled with booths like this."

Trump Tower renamed 'Dump Tower' on Google Maps for a few hours

What a dump!

A vandal gave an unofficial review of the president-elect's main New York residence and Trump Organization headquarters by renaming Trump Tower as "Dump Tower" on Google Maps for a few hours on Saturday.

The Fifth Avenue high-rise has been attracting protesters and vitriol since the election, but the incident Saturday would be the first known case of "cybervandalism" directed at the gilded building. Previous instances of Google Maps tampering include the renaming of the White House



New York City shoppers walk past the entrance to Trump Tower. GETTY IMAGES

to the "Edward Snow Den."

The vandalism was not technically a hacking incident because Google Maps has crowd-sourcing functionality

that allows users to submit information about roads, businesses and other locales. Yet according to the Google Maps FAQ, user-submitted changes are vetted

by moderators, leaving the question open as to whether the culprit managed to bypass the supervision or if someone from Google let it slide.

It's not clear if it was the same or a different offender who also translated the name into Russian Cyrillic on a different map view, perhaps meant as a reference to reports of Russian partiality for Donald Trump.

A Google representative told The Associated Press that it caught the prank and changed it back to Trump Tower on Sunday.

AMANDA MIKELBERG

BRIEF

Donate to Metro's Toy Drive

In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the 7th anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help other's and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer

Yggers Mortensen.

"I am proud to continue this project in honor of Tony and I hope all our readers, suppliers and members of the Metro team will help to make this yet another great Metro Magic year."

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

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GETTY IMAGES

Family hopes to save birthplace of world's greatest musicals

Oscar Hammerstein II wrote his most successful lyrics at his Highland Farm.



JENNIFER LOGUE
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Whether you're a fan of musical theater or not, you're already familiar with the work of Oscar Hammerstein II — "South Pacific," "Oklahoma!" "Carousel" and "The Sound of Music," to name a few. The legendary lyricist's partnership with composer Richard Rodgers remains the most successful collaboration in musical theater history. What you may not know, however, is that Hammerstein wrote the lyrics and books to these now-classic musicals, not in New York City, but on Highland Farm in Doylestown.

"Oscar and his wife Dorothy were living in Great Neck, Long Island, at the time, and she never liked it," said William Hammerstein, Oscar's grandson and CEO of Oscar Hammerstein's Highland Farm Inc., an organization dedicated to transforming the site into a museum.

"Dorothy also thought Oscar, who loved the country, would benefit both

personally and creatively," he adds.

The family moved to Highland Farm in 1940, when Hammerstein was in the process of winning Best Song at The Academy Awards for "The Last Time I Saw Paris," an honor that outraged him and his writing partner, Jerome Kern.

"They wrote it as a stand-alone song and it got picked up for the movie. After they won, they lobbied the Academy to change the rules so that only songs written for a movie specifically could qualify," revealed the younger Hammerstein. "He could have cost himself six or seven Academy Awards, but back then principles mattered.

"It was a different time. That's one reason why we need to bring kids here. They need to hear that story and many more."

According to his grandson, Oscar Hammerstein II was more than a lyricist and dramatist — he was very active in nonprofits.

"Every day he'd give seven hours to the theater and one hour to society," he said. "Oscar was a co-founder of the California Anti-Nazi League in 1935 — years before Hitler invaded Poland. There was a committee to end Jim Crow in baseball — he was on that. He was a propo-

"Oscar was a co-founder of the California Anti-Nazi League in 1935 — years before Hitler invaded Poland. There was a committee to end Jim Crow in baseball — he was on that. He was a proponent of the United Nations before there was a United Nations."

William Hammerstein

nent of the United Nations before there was a United Nations."

Hammerstein and Eleanor Roosevelt helped each other with their pet projects, his grandson said. "Everybody wanted Oscar to write their persuasive documents to help raise money because he was the best. He was an idealist and God knows a great writer."

At its peak, Highland Farm spanned 72 acres and boasted a swimming pool, tennis court and corn fields "high as an elephant's eye." But the Hammersteins didn't keep to themselves — they were very much a part of the local community.

"Oscar had a system of flags on the street to communicate with the neighborhood kids when it was OK to play on the prop-

erty. But if he was in deep thought and in the middle of serious writing time, he had a flag that said stay away," Hammerstein said.

William Hammerstein is currently fundraising for the museum project through his nonprofit, Oscar Hammerstein's Highland Farm Inc. and is attempting to raise \$500,000 by Dec. 31.

"The immortal works Oscar Hammerstein created, and the life he lived at Highland Farm in Doylestown, Pennsylvania, have touched countless millions of people around the globe. That makes it a historic site of great significance," he said.

For more information on how you can help save Highland Farm and a piece of musical theater history, visit their site.

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BRIEF

Trump says he would have won US popular vote if not for illegal voting

President-elect Donald Trump tweeted on Sunday that besides winning the Electoral College "in a landslide" in the Nov. 8 election: "I won the popular vote if you deduct the millions of people who voted illegally."

The allegation, made without evidence, comes as Democratic rival Hillary Clinton's lead in the popular vote over Trump has

surpassed 2 million votes and is expected to grow to more than 2.5 million as ballots in populous states such as California continue to be tallied.

Clinton's legal team said on Saturday it had agreed to participate in a recount of Wisconsin votes after the state's election board approved the effort requested by Green Party candidate Jill Stein, which Trump has called "ridiculous."

"In addition to winning the

Electoral College in a landslide, I won the popular vote if you deduct the millions of people who voted illegally," Trump tweeted as reporters waited for him to leave his Mar-a-Lago golf resort in Florida to fly back to his residence in New York City.

The U.S. presidential race is decided by the Electoral College, based on a tally of wins from the state-by-state contests, rather than by the national vote. Trump has surpassed the 270 electoral

votes needed to win the White House. The Electoral College results are expected to be finalized on Dec. 19.

Trump added he would have won the "so-called popular vote ... easily and convincingly" if the U.S. election was determined that way instead of by the Electoral College.

Before the election, Trump made unsubstantiated allegations that the results of the election might be "rigged" against him.

REUTERS



A man remains in a balcony next to a picture of Cuban revolutionary leader Fidel Castro at San Francisco de Asís Square in Havana. GETTY IMAGES

Cubans fret over life after Castro with Trump next door

Many Cubans believe they could do with their late leader's charisma and way with words to counter Trump's bombast.

Obama, who reached an agreement two years ago with Castro's younger brother, President Raul Castro, to end half a century of hostilities.

Late in his election campaign, Trump sought to reassure Cuban-American voters in Florida that he was firm in his opposition to the Castros, and pledged that, if elected, he would close down the newly re-opened U.S. embassy in Havana.

Earlier on, in the primary contests to pick the Republican presidential nominee, Trump said he thought restoring diplomatic ties with Cuba was fine, but that Obama ought to have cut a better deal.

Now that Trump has won the presidency, it is hard to know exactly what his approach to Cuba will be.

"None of that has been decided," Trump's senior adviser, Kellyanne Conway, said on NBC's "Meet the Press" on Sunday. "The president-elect will make those decisions once he takes office."

However, Reince Priebus, who will be Trump's chief of staff when he takes office on Jan. 20, said Trump would call for more political freedoms from the Cuban government, and that if he did not get this he would roll back Obama's opening. REUTERS

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Castro's death casts pall over Cuba: Even dissidents hold back

The Cuban government has declared a nine-day period of mourning and suspended alcohol sales and even baseball games.

Cuba's most prominent dissident group called off its weekly protest march for the first time in 13 years on Sunday following the death of its nemesis Fidel Castro, the revolutionary leader whose passing has cast a pall over the island.

Castro, a world figure who built a communist state on the doorstep of the United States and defied half a century of U.S. efforts to topple him, died late on Friday at the age of 90.

The Ladies in White dissident group decided to avoid creating tensions this week.

"We're not going to march today so that the government does not take it as a provocation and so that they can pay their tributes," the group's leader, Berta Soler, said on Sunday. "We respect the mourning of others and will not celebrate the death of any human being."

The group, originally formed in support of husbands jailed for political opposition, has called protest marches in Havana following Mass at a Roman Catholic Church each Sunday for the past 13 years.

It has been the rare expression of dissent to be largely tolerated by the Communist government, although police have clamped down over the

past several months, stopping protesters in their homes and preventing the demonstrations from taking place.

The difference this week is that dissidents themselves have opted against even trying, three opposition leaders said.

The streets of Havana have been calm since Castro's death, with people expressing national pride by hanging more Cuban flags than normal.

Lysset Perez, a 44-year-old peanut vendor, dressed in the national colors with a single-starred, blue, red and white flag on her head on Sunday.

"It's calm but a little dark, because Cuba is music and for nine days of mourning there will be no music," Perez said. "There is calm and sadness. If it weren't for Fidel and the revolution, the people wouldn't be as they are: educated and cultured."

A towering figure of the 20th century and an icon of the Cold War, Castro had been in poor health since he nearly died of an intestinal illness in 2006. He formally ceded power to his younger brother, Raul, in 2008.

Raul Castro, 85, who had been at his brother's side since they took up arms against a U.S.-backed dictatorship in the 1950s, has not appeared in public or on television since he announced Fidel's death on Friday night in a brief televised statement.

Cuba's allies and foes around the world have marked Castro's death with a mix of tributes and condemnation. **REUTERS**



"It's calm but a little dark, because Cuba is music and for nine days of mourning there will be no music," Perez said. "There is calm and sadness. If it weren't for Fidel and the revolution, the people wouldn't be as they are: educated and cultured."

Lysset Perez

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Lufthansa pilots announce further strikes this week



GETTY IMAGES

German pilots union VC has announced further strikes at Lufthansa (LHAG.DE) for Tuesday and Wednesday this week after fresh talks at the end of a four-day walkout failed to settle their long-running pay dispute.

"Unfortunately the high-level talks that took place today at short notice failed to produce a result," VC board member Joerg Handwerg said in a statement.

"There is still no negotiable offer from Lufthansa regarding the compensation of pilots, which means industrial action needs to continue."

The latest round of strikes will affect short-haul flights on Tuesday, Nov. 29, and short- and long-haul flights out of Germany on Wednesday, Nov. 30, VC said.

Last week Lufthansa

canceled nearly 2,800 flights during a four-day strike from Wednesday that affected more than 350,000 passengers, the 14th walkout in a dispute that since early 2014 has cost the carrier hundreds of millions of euros.

VC had rejected the latest pay offer from Lufthansa late on Friday, lifting the threat of extending its strike beyond Saturday.

Lufthansa said that all flights would start on schedule on Monday, Nov. 28, as there had been no strike call from VC for that day.

Germany's biggest airline had earlier urged VC to resume talks.

"We have to talk," Bettina Volkens, Lufthansa's board member in charge of human resources, told Bild am Sonntag. "I hope very much that [VC]

finally changes its uncompromising stance."

"This cannot be forced via strikes."

Lufthansa has offered to increase the pilots' pay by 4.4 percent in two installments and make a one-off payment worth 1.8 months' pay. The union wants an average annual pay rise of 3.7 percent for 5,400 pilots over a five-year period backdated to 2012.

Strikes by the pilots cost Lufthansa 222 million euros (\$235 million) in 2014, according to the IW Cologne Institute for Economic Research, while in 2015 walkouts by pilots and cabin crew cost the airline 231 million euros.

Lufthansa said it had taken another 20 million-euro hit in the first two days of last week's strike.

REUTERS

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HEALTHY LIFESTYLE

High turnout as French conservatives choose candidate to battle far-right for presidency

Voters say they are fed up with France's near double-digit rate of unemployment.



A woman casts her ballot in Rennes, western France. GETTY IMAGES

Organizers from the center-right party, which took the name Les Republicains last year, said that by midday the participation rate was 10 to 15 percent higher than in last week's first round.

A 62-year-old racing car enthusiast who lives in a Loire valley chateau, Fillon promises radical reforms to France's regulation-encumbered economy, vowing to roll back the state and slash government's bloated costs.

Scrambling to regain momentum, Juppe, 71, a soft-mannered moderate who is now mayor of Bordeaux, has attacked the "brutality" of his rival's reform program and says the Paris lawmaker lacks credibility. REUTERS

Two former prime ministers went head-to-head on Sunday in a runoff vote for France's center-right presidential nomination, with the victor expected to face a showdown against a resurgent far-right in May.

The winner, either Francois Fillon or Alain Juppe, will most likely represent the entire French political mainstream against the National Front's Marine Le Pen, in another test of the anti-establishment anger in Western countries.

Opinion polls show Fillon, a social conservative with a deep attachment to France's Catholic roots, as the clear favorite after stunning his more centrist challenger with a surge in support just before the Nov. 20 party nomination first round.

Voting opened at more than 10,000 polling stations across France at 8 a.m. and was set to close at 7 p.m., with the first results likely up to an hour and a half later.

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Date: Thursday, December 1, 12:00pm – 1:30pm.
Lunch will be provided after the program.

Presenter: Allison Huggins, RN.

Location: NYC Health + Hospitals/Woodhull.
760 Broadway, Brooklyn. 3rd Floor, Conference Room #1.

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HOLIDAY HAVOC

The Trump transition is proving to be just as unpredictable as his campaign. Even seasoned political pros have no idea what to expect, and yet I bravely forge on with my three predictions for this week in politics.

1. "HAVE YOU LOOKED IN THAT CABINET?"

So far the president-elect's preferences for his cabinet and close advisors are all over the map. Some are from inside government, some from outside. Some are his friends, some his foes. The puzzle pieces of the Trump administration are slowly filling in but watch the diversity. He's picked a few women for key roles — if he keeps doing that and expanding minority participation he could deflect some of the sharpest attacks from Democrats who have been suggesting his White House will be too white and too male.

2. BURNING DOWN THE HOUSE:

Speaking of the Democrats, they're

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn



still no closer to a settled strategy for moving forward after the pounding they took in the election. The left wing of the party wants to head one way (uh ... to the left), others want a more centrist tack and still others are just trying to get everyone pulling in the same direc-

tion. Watch for this to get worse (maybe much) before it gets better. Remember, D.C. is about power before it is about policy no matter what the parties claim, and this is a power struggle on steroids.

3. GOING GREEN: The Green Party is doing what the Democratic Party has so far avoided, calling for reconsideration of the votes in three states with superclose results: Wisconsin, Michigan and Pennsylvania. They've been raising money to pay for it amid reports from some computer scientists that some vote results in some places seem a little odd. Here's the thing though: Even if they can get audits or recounts underway fast, there is so far no data available to suggest it would change the outcome. Still, the Greens argue even an inconsequential problem is still a problem and ought to be investigated. Stay tuned.

STRAIGHT Talk



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- ☒ Difficulty Walking Long Distances

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3 California mosques receive hateful letters mentioning Trump

Hateful letters sent anonymously to three mosques in California with a warning that President-elect Donald Trump would "cleanse" the United States of Muslims have stirred fears among congregants, a community leader said.

Hussam Ayloush, executive director of the Los Angeles chapter of the Council on American-Islamic Relations, said the letters were identical and were postmarked as being sent from Santa Clarita, just north of Los Angeles.

Ayloush said his group is considering asking the Federal Bureau of Investigation to look into the letters, which he believes were sent to other mosques aside from the three that received them earlier this week.



Long Beach Islamic Center GOOGLE MAPS

Civil rights groups have signaled alarm over attacks targeting minorities, including Muslims, since Republican Trump won the presidential election on Nov. 8. There have also been reports of harassment toward Trump supporters.

The letters were sent earlier this week to the Islamic centers of Long Beach and Claremont in Southern California and to Evergreen Islamic Center in the Northern California city of San Jose, Ayloush said.

They are signed anonymously as "Americans

for a Better Way" and say that Trump would "cleanse America and make it shine again" and would carry out a genocide against Muslims.

"You Muslims would be wise to pack your bags and get out of Dodge," the letter said.

Ayloush said he has counseled the three mosques to work with their local police departments to have the letters investigated as hate crimes.

The San Jose Police Department in a statement said that, following a report about the letter, it sent officers to Evergreen Islamic Center on Thursday and that a unit that handles hate crime investigations will conduct the probe. REUTERS

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One ticket has winning numbers in \$421M Powerball lottery

The jackpot soared from \$403 million to a reported \$420.9 million on Saturday due to a spate of late ticket-buying.

A lottery ticket sold in Tennessee had the winning numbers for a \$421 million Powerball jackpot, one of the biggest on record, officials said after Saturday's draw.

The winning numbers selected were 17, 19, 21, 37, 44, with the Powerball 16. No one as yet had stepped forward to claim the prize, which grew in size since Sept. 17, the last time anyone matched all six numbers.

The prize is paid out over 30 years, with the

option of a lump sum payment, which officials said would add up to about \$254.7 million.

The odds of winning the Powerball jackpot are one in 292 million.

The largest ever U.S. lottery prize of \$1.6 billion was split between three winning tickets in January.

Powerball, one of several games run by the Multi-State Lottery Association, a nonprofit owned and operated by member states' lotteries, is played in 44 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands. Players can either buy \$2 tickets using their own numbers or have them randomly generated by a computer.

The Mega Millions lottery, also offered by



Powerball tickets GETTY IMAGES

the association, produced the country's second-largest-ever prize, worth \$656 million, in a 2012 drawing.

For every \$1 worth of Powerball sales, half goes to prizes, 40 percent to state governments for causes such as education, and 10 percent to retailers who sell the tickets and other administrative costs.

REUTERS

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Qatari minister: Gaza risks becoming easy launchpad for ISIS

Palestinian infighting and years of an Israeli blockade could turn the impoverished Gaza Strip into an easy "launching pad" for Islamic State recruiters, Qatar's foreign minister says.

The small gas-rich Gulf state is a major backer of Hamas, the armed movement which has maintained its control over the coastal enclave for almost a decade despite conflicts with Israel and a rift with Western-backed President Mahmoud Abbas.

Foreign minister Sheikh Mohammed bin Abdulrahman al-Thani said in an interview in Doha on Saturday that a blockade imposed on Gaza's borders by Israel and Egypt had turned the territory into an "open-air prison".



A general view of Gaza City
GETTY IMAGES

"If we will leave them as they are, people from Daesh can recruit them easily. They can start operations from there easily," he told Reuters, using an Arabic acronym for the group.

"It [Gaza] can transform also as a launching pad for extremism and for terrorism. ... That's why we need to put an end to this," he said.

Cut off from trade, many of Gaza's 2 million people live in poverty and struggle to find work.

Israel and Egypt have accused Hamas of being a terrorist group exploiting Gaza's suffering for its political gain - charges the group denies.

Hamas, an Islamist movement that shares the Islamic State's hostility to Israel but not their quest for a global religious war, deny the jihadists have a presence in the territory.

Pro-Islamic State social media accounts have accused Hamas of arresting their supporters in Gaza.

Qatar has no diplomatic relations with Israel and strained ties with Egypt's military-backed government, which has kept its border with the Gaza Strip largely closed since the 2013 overthrow of Islamist President Mohamed Mursi. REUTERS



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Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By **NY Pain MD**

NY Pain MD is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other joint arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

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When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make **natural** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be **EXTREMELY PRECISE**. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why **NY Pain MD** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at **NY Pain MD** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at **NY Pain MD** have found that earlier you start viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why **NY Pain MD** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indicate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to

significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

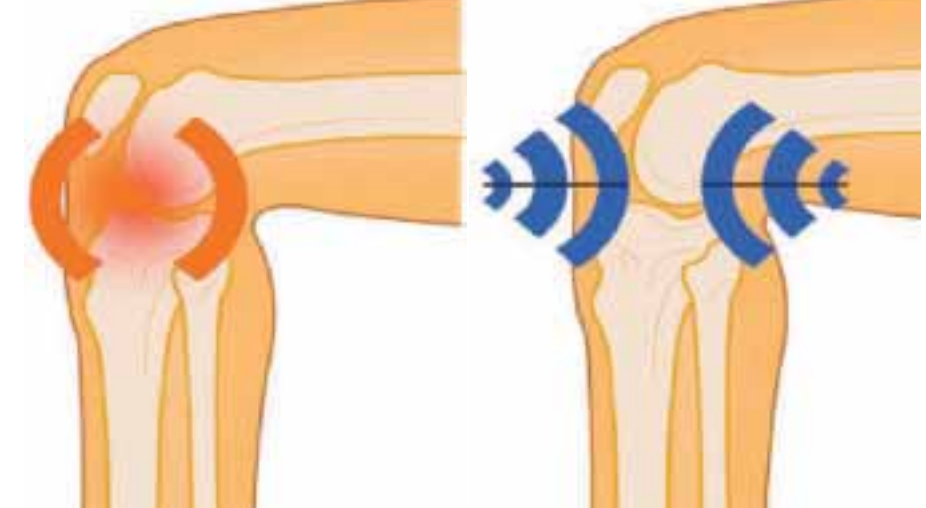
RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NY Pain MD**

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordinators will get you appointed for next month

This screening is no cost and no obligation. Many of the treatments offered are covered by many insurance plans and Medicare

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Kanye West plagued with paranoia

A Happy Thanksgiving was not had by all. Unfortunately, Kanye West remained hospitalized at UCLA Medical Center over the holiday weekend and new reports from TMZ suggest that the rapper isn't doing so well. Sources told the media outlet that West has been "paranoid and profoundly depressed" in the week since police were called to his trainer's home last Monday afternoon after he was behaving erratically. West believes that people, including the doctors charged with his care, are out to get him. They added that there was a time when the rapper wouldn't let doctors touch him.

These reports shed some light on comments he made about Jay-Z sending "killers" after him during his Sacramento concert.

In case you're wondering about his famous wife, Kim Kardashian, she bailed on her first



public appearance since her October robbery, in order to be with her husband during this time. It's been a rough few months for the duo, but at least they have each other for support.

the word

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Rosie O'Donnell clarifies statement about Trump's son

Rosie O'Donnell was blasted online for tweeting a video that questioned whether or not Barron Trump, son of President-elect Donald Trump, is autistic. Although she clearly stated that it was an opportunity to bring attention to the epidemic, many followers thought it was insensitive of O'Donnell, who is vehemently anti-



ALL PHOTOS GETTY IMAGES

Trump, to focus on his child's potential issues. But according to US Weekly, the former host of "The View" set the record straight, again, in a poem posted on her website.

The 54-year-old says that her 3-year-old daughter Dakota was diagnosed with high functioning autism in September. And although she does

not support Trump's pending presidency, she made it clear they could agree on one thing. "One in 55 kids is an epidemic/donald and i agree on that/and not much else," she wrote.

In other words: Her tweet was meant to help, but the cynics blew the whole thing out of proportion. Welcome to the internet.



Amber Heard's new domestic violence PSA

Amber Heard is speaking out against domestic violence in a new PSA for gender-conscious media company, Girlgaze. In their very first YouTube video, Heard encourages women to speak out, and shares some personal testimony.

"If a stranger did this, it would be a no brainer," the 30-year-old says in the video. "As a woman having gone through this in the public stage. ... I have a unique opportunity to remind other women this doesn't have to be the way it is. You don't have to do it alone, you're not

alone. We can change this."

It seems pretty obvious that Heard is referencing her tumultuous relationship with Johnny Depp. Last summer the actress accused Depp of being physically and emotionally violent during their relationship. While Heard signed a non-disclosure agreement that forbids her to talk about Depp as part of their \$7 million settlement, this video doesn't leave much to the imagination.

We're glad Heard is using her experience to support others, though.

Bella Hadid is ready for her first Victoria's Secret Fashion Show

The Victoria's Secret Fashion Show is one event where the general public is welcomed into the front row and even backstage. And unlike Fashion Week shows where models strut with zero expression, on the VSFS runway you'll catch lingerie clad models smiling, laughing and even busting a dance move of two.

It's the perfect atmosphere for someone

fresh off of a breakup, like Bella Hadid. Gigi's little sister will be crossing a huge industry milestone by walking in the VSFS for the first time, this year. She joined dozens of other supermodels on Sunday, including Kendall Jenner and Joan Smalls, as they posed for pics in matching pink t-shirts to promote the event.

That's one way to make The Weeknd, Bella's ex, kick himself.



INSTAGRAM/@BELLAHADID



Axl Rose settles lawsuit with roadie

Legendary Guns N' Roses frontman Axl Rose has finally settled a lawsuit brought against him by his longtime roadie, Chris Pitman. TMZ reported that Pitman — who was an engineer for the band during their up-and-coming years — accepted a promissory note from Rose, who claimed to be facing financial hardships in 2011, for \$125,000 to be paid by 2012.

Four years after the deadline came and went,

without a word or a penny from his former employer, Pitman filed a lawsuit for \$163,000 — the amount owed plus interest. He chose the right time, too. Guns N' Roses has reportedly already grossed over \$110 million for their ongoing reunion tour. TMZ is now reporting that Axl has settled the suit for an undisclosed amount.

And that concludes this chapter of "Debt, Drugs, and Rock & Roll."

Marion Cotillard: Don't give up hope

The Oscar-winner talks "Allied" and how recent events should inspire us to come together.



MATT PRIGGE
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In the World War II romantic thriller "Allied," Marion Cotillard plays a French resistance fighter who meets and falls in love with a Canadian intelligence officer (Brad Pitt). They marry, but once confined to domestic life in London, Pitt's character gets a disturbing brief: It's discovered his wife may be leaking intelligence to the Nazis. But he refuses to believe the woman who bore his young daughter could be a double agent.

The Oscar-winner, 41, talks to us about making an unusual war film, her fear of guns and staying positive after the election.



You've probably never seen Marion Cotillard shoot a big gun before, as she does in the World War II romantic thriller "Allied." GETTY IMAGES

How have you been holding up since America elected Donald Trump?

I'm a very, very positive person. I think we all have to learn from this and question ourselves. We can't just be devastated, especially not now. Everybody has to take responsibility, but also take action. We have to analyze our consciences and question ourselves. This is an opportunity to go toward unity instead

of the other way.

I'm with you, but I'm going to stew in sadness for a bit longer, then get back on the horse.

We should take everything as a gift. Even when the package smells like s—, pardon my French [laughs], we have to see what kinds of positive things can come out of it.

It's uneasy watching a World War II movie like



"Allied" right now. You see what scary times do to its married couple. Things are so bad that they can't even be 100 percent sure if they can trust each other, even though their love is real. When you put people in extreme situations, it reveals a lot about their personalities. Especially for a woman who has to protect her family. This was what fascinated [screenwriter] Steven Knight — this idea of, how can love withstand betrayal? Love is one of the strongest feelings. Even when love is strong and authentic, it still has to face certain obstacles.

It's an unusual war film, because it's one without big battles.

Yeah, but it's still a movie about battles. The battles are inside those characters.

You still get to shoot a gun, though. I don't think you've ever done that onscreen before, though correct me if I'm wrong. Not in a movie. I think I shot guns in a TV film one or two times. But I'm not used to guns at all. I hate them. But that was a fun day.

I'm scared of guns, too, but I understand why we're drawn to seeing them in movies. It's like indulging in something you'd never do in real life. I don't mind watching movies with guns, either, I have to say. But when you have a gun in your hands, that raises a lot of questions. It's an object that can kill someone, that is made to kill people. Of course, a car can kill people, a knife can kill people. But killing people isn't the first purpose of those objects. When you have a gun in your hands, that's a killing object. It's totally different.



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Chloe x Halle have the blessing of Beyonce, Michelle Obama and the fuzzy embrace of Build-A-Bear.



RACHEL RACZKA
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When Beyonce and Michelle Obama give you their seals of approval, you'd better believe you're destined for success. Atlanta-born sisters Chloe and Halle Bailey — known as Chloe x Halle — first snagged a taste of the Beyhive after their cover of "Pretty Hurts" caught the eye of Yonce herself. Next thing they knew, they were signed with a \$1 million contract with her label, Parkwood Entertainment.

Since then, Beyonce's continued to put her stamp of approval on the teen sisters (Halle is 16, Chloe, 18), putting them front and center in her superstar "Lemonade" squad with Serena Williams and Zendaya before bringing them to open the European leg of her Formation Tour.

Meanwhile, the sisters frequented the White House at the personal invitation of FLOTUS herself, whom they met after opening for her keynote speech at SXSW.

"Telling you now, I can't believe all of that happened in one year," Chloe breathlessly giggles when asked to list her favorite moments from 2016. "[With the Formation Tour], if we didn't get to see clips or if we didn't have footage of it, we would have never believed we did that."

Currently, the sisters



Chloe x Halle are currently on the road opening for Grammy-nominated retro soul star Andra Day. MAX PAPENDIECK

are in New York, where they'll have another iconic memory to add to the list: singing in the Macy's Thanksgiving parade on top of the Build-A-Bear float. ("We're super, duper excited," adds Chloe.) They'll be singing "Drop," the self-written/produced single off their EP, "Sugar Symphony," another milestone achieved in April. The six-track debut weaves angelic and alternative, stunning traditional pop song structures and echoing both the commanding grace of Beyonce and the refreshing, earnest introspection of Lorde. Plus, they remind us, a full LP is on the way. ("It's coming together

— these songs are our babies," says Halle.)

Chloe and Halle stop to chat about their huge year, their current tour with Grammy nom Andra Day and the misconception behind "Drop."

Let's talk about Andra Day — who is amazing — and sounds like a fun tour to be a part of.

Halle: It's been so amazing. Andra is literally the best person on earth. It's been so, so different from Formation because it's more of an intimate crowd. It's cool because we get to see new faces and meet new people.

Do you feel like you've been learning a lot this

year, from being on tour with artists like Andra and Beyonce?

Chloe: Absolutely, we've been learning so much. The qualities that Beyonce and Andra bring — they just always give it their all. They're so inspiring to us. We're always learning new tricks, and getting faster and more experienced with setting up our equipment and stuff.

Can we discuss "Drop" for a bit? I've been under the impression, from what I've read, that this was one of your earlier songs that you brought out and reworked for the album, is that accurate?

Chloe: We created this

in late 2014. Halle and I had this word in our notes that said "drop" again and again, but we didn't know what to do with it. One day, we were like, "OK, well, what drops?" I made some waves on my keyboard in our living room and it formed like magic. We love when music comes together like that — not forced. Everyone thinks we're talking about a lover [in the song], but it's actually about a song. It's a love-hate relationship with a song you can't get out of your head.

What song you can't get out of your head now?

Halle: Rae Sremmurd's

"Black Beatles," for sure.

You've had a lot of involvement in the production and beat-making process from the beginning — is this very important to you?

Chloe: Being little girls, we didn't have producers. We just picked it up ourselves and that helped our songwriting. Even when we were doing the covers [for YouTube], we were making the music behind the scenes. It's important for us to be involved and have a hand in the craft. We want to be rooted in the writing and vocal production. Plus, we have fun with it, so it's not like, "Oh, we have to know." It's because we want to.

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Why it's key to get your Zzzz's



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Donald Trump claims to get by on three to four hours of sleep every night, about half the amount experts recommend for optimal health. The proof is in the tweeting: The president-elect is notorious for firing off 140-character missives in the wee hours.

But lack of adequate sleep, once seen as a point of pride for hard-charging tycoons, can be devastating for our health. A study released in February by the Centers for Disease Control



ISTOCK

and Prevention found a third of Americans don't get enough sleep on a regular basis, and says "sleeping less than seven hours per day is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental distress." The CDC goes so far as to classify it as a public-health issue: "Sleep insufficiency [is] linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors."

We talked to Dr. Neomi Shah, a specialist in internal sleep medicine at Mount Sinai Health System about why getting enough shut-eye is as important to your well-being as eating healthy and exercising regularly.

What are some of the reasons people find it hard to fall asleep?

Coffee in the afternoon will stay in your system long enough so it can interfere with your ability to fall asleep when you actually go to bed. If that's not an issue, underlying mental health conditions like depression or anxiety can also contribute to difficulty maintaining sleep, falling asleep or early morning awakening.

What should you do if you wake up and can't fall back asleep?

Lie there for 15, 20 minutes. Then, go into another room and do something monotonous and boring with a very dim light. Hopefully that will help you get drowsy, go back to your bed and try to fall asleep again. If you can't fall asleep in 15 to 20 minutes, you repeat this. The whole point of this exercise is to make sure you associate your bed with sleep and nothing else.

Thoughts on prescription drugs like Ambien and over-the-counter sleep aids like Benadryl and Tylenol PM?

For insomnia, we recommend cognitive behavioral therapy (CBT) as the primary treatment. It has the best evidence in terms of efficacy. Ambien is safe in the short term, but long term we would try to work harder to get the CBT. Benadryl's use is not for sleep issues ... we have much better ways of treating [insomnia] in terms of medications.

What behavior is key to getting a good night's sleep?

The most important piece is to have a routine, similar work or wake and sleep hours for all seven days. No. 2, I would advocate [dedicating] eight hours to sleep, if possible. Then, No. 3 is to exercise on a routine basis, because exercise helps consolidate sleep.

SHEILA DOUGHERTY

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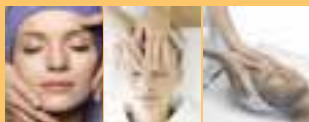
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Cat art for your cat life

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EVA KIS
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It's time to stop coveting all the amazing cats on the internet and get one of your own.

Even if an actual cat is not in the cards, the next best thing is the Cat Painting Takedown, where about 25 artists will have two hours to create a masterpiece capturing the unique essence of the mascot of our modern era, all to be auctioned off for animal charities.

"It's all levels of art, so you'll see some stuff that's really incredible and some stuff that's hilariously naive, but either way, it's just as valuable. There's every reason to love every one," says organizer Matt Timms, who runs regular food and art competitions on thetakedowns.com and is also known

in the Instagram art world as All the Bad Cats.

For the Cat Painting Takedown, which will be free to attend Dec. 9 at Better Than Jam Store & Studio in Brooklyn, Timms is sticking to coordinating and emceeing (and likely making a pot of his vegetarian chili). Unlike his usual food-themed takedowns, where the best baker or mac 'n' cheese maker gets an award, Timms says when the competitors are artists, "it's totally unpretentious, with the accent definitely on the party rather than a competition."

Attendees get to watch the artists work while sipping free brews from Lagunitas and browsing the venue, which is part gallery and part art-supply store, helpful in case you need to heed some sudden inspiration.

There are about 20 artists lined up, including big names like Coney Island Circus Sideshow muralist Marie Roberts and Ample Hills' master doodler Lauren Kaelin, but there are spots still available if you'd like to participate (email allthebadcats@gmail.com). Timms provides the canvases (23 inches

If you go

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Free, thetakedowns.com

by 20 inches) and easels; artists bring their own paints and donate their time, so bid generously (credit cards will be accepted).

"The paintings are going to be crazy," Timms promises — at the last Cat Painting Takedown in 2013, cats took on the roles of president, astronaut, pirate and more. "Cats have a lot of personality and a lot of mystery, and people apply a lot of meaning to them."

That event raised about \$3,000, and Timms hopes this one is even more successful, with proceeds going to benefit the Brooklyn Animal Rescue Coalition (where you can take adoptable pups for walks!) and an organization Timms is passionate about, Bushwick Street Cats.

"There's all these feral cats in Bushwick right now and they're doing a pretty good job locally neutering all these animals, which is badass because it keeps them on the streets doing what they're supposed to be doing, which is killing rats," he says. "Bushwick is pretty gross, so this army of cats is necessary."



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How to shop for Cyber Monday deals

All the trips, tricks and trends you need to know.

SHARON FEIEREISEN
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We already know the long weekend from Thanksgiving to Cyber Monday is the most popular time for holiday shopping, but it might surprise you just how popular – a whopping 50% of consumers plan to spend part of their celebration shopping, according to the shopping and savings site RetailMeNot.

“Low price is the top priority for 83% of shoppers, followed by the lure of deals and promotions,” says Sara Skirboll, RetailMeNot’s shopping and trends expert.

Last year on Cyber Monday, PayPal processed \$25,000 in payment volume and 450 payments per second and, based on their research, digital spending is expected to grow even more this year.

What can you do to score the best deals?

For starters, Skirboll suggests following all of your favorite retailers on social media and signing up for their newsletters. “They sometimes will post special sales and offers exclusively for their followers,” she says.

Another trick, she

says, is this two-step approach: purchase a discounted gift card for the retailer you plan to shop with to score an instant average savings of 10% or more. Then, combine the gift card with a promo code or digital rebate at checkout.

You’ll also want to check out sites like CouponSherpa.com, which have a page dedicated to Cyber Monday coupons.

As far as what to shop for, according to RetailMeNot’s data, this year computer/electronics will be on average 48% off, clothing, 40% off, books, 33% off and homewares 31% off.

While you’re shopping, remember that the early bird catches the worm.

“Early morning sales last for a limited time due to a lower stock of inventory,” says Skirboll. “Start your shopping in the early morning if you’re looking for the best deals on specific items.”

It’s worth noting, however, that some retailers will have flash sales at select hours throughout the day.

As for the most trending items, in the electronics category, Skirboll names virtual reality devices like the Oculus Rift and HTC Vive and fitness apps like the Fitbit or Apple Watch.

Tamara Gaffney, the principal analyst for

Adobe Digital Insights, projects Pokémon, Barbie, Lego, Hot Wheels and ‘Frozen’ toys as desired gift items this year, as well as wireless speakers like Google Home and Amazon Echo.

Another key tip to remember: plan ahead.

“Shopping without a list or strategy often results in a devastating blow to your budget,” says money-saving expert Andrea Woroch. “That’s because it’s easy to lose track of your spending as you see listings for sales.”

In addition to shopping with a list, she suggests scoping out deals on Sunday to figure out what you want to buy, then loading your cart and saving your shipping and payment information at the retailer’s website for quick checkout.

“This ensures you don’t miss out on any deals that are limited inventory and allows you to shop faster during your lunch break while at work on Cyber Monday,” she says.

Traveling on Cyber Monday? Don’t worry; there will be more deals to come. Mark your calendar on Dec. 16, Free Shipping Day, when over 2,000 online retailers will offer free shipping with guaranteed delivery by the holidays plus additional savings like 20% off, says Woroch.

21 Cyber Monday hotel deals

Not all Cyber Monday deals are true bargains, but these hotel and travel deals are a sure bet. Some are nonrefundable and blackout dates may apply, so check the fine print, but if your travel plans are flexible, Nov. 28 is the time to buy.

SKIING

Austria Haus

Chalet-circa-1960s-style 25-room boutique hotel in Vail. The deal: 45 percent off through April 23. austriahaushotel.com

The Inn at Keystone

Minutes’ walk from ski lifts; relax in rooftop hot tubs; the only dog-friendly hotel in Keystone, Colorado. The deal: 50 percent off all rooms, includes hot breakfast buffet. Valid through April 9. keystonereresort.com

Grand Geneva Resort & Spa

AAA Four-Diamond resort in Lake Geneva, Wisconsin; Well Spa + Salon and The Mountain Top, a 20-run ski and snowboard facility. The deal: 25 percent off; first 50 bookings receive a \$25 dining credit. Valid through Feb. 28. grandgeneva.com

Silverado Lodge

Set in prime Utah ski country, most suites have fireplaces, vaulted ceilings and decks. The deal: 40 percent off through April 16. parkcitymountain.com

DOMESTIC

Belmond Hotels

Intimate resort-style properties in Santa Barbara and Charleston. The deal: up to 50 percent off through Jan. 12 (Charleston) and March 31 (Santa Barbara). belmond.com

The Camby

This Phoenix hotel has a boutique spa and a rooftop pool, which you’ll actually be able to use during winter. The deal: 25 percent off plus \$25 credit through March 5. Code: LPR. marriott.com

Craddock Terry Hotel

A converted shoe factory in the heart of downtown Lynchburg, Virginia. The deal: 25 percent off through February 2017. craddockterryhotel.com

Como Hotels

Luxury stays in two of its beachfront properties: Miami and Turks and Caicos. The deal: up to 38 percent off, plus

\$25 resort credit per night; valid between Dec. 1 and Aug. 25. comohotels.com

Fairmont Newport Beach

Sophisticated resort hotel located near Disney parks in California. The deal: 30 percent off stays through Dec. 31. Code: PPD.L. fairmont.com

The Garland

Retro-chic North Hollywood hotel named after the late actress Beverly Garland. The deal: Buy one night, get the second 50 percent off through March 31. thegarland.com

Lake Arrowhead Resort & Spa

The quintessential glamorous resort in California’s San Bernardino National Forest. The deal: 25 percent off; Marriott Rewards members 30 percent off. Valid from Dec. 9-Jan. 16. lakearrowheadresort.com

L’Auberge de Sedona

Luxury retreat nestled on the banks of Oak Creek in Arizona’s renowned Red Rock region. The deal: 30 percent off plus resort credits from \$50-\$325. Valid through Feb 28. lauberge.com

Continued on Page 30



Grand Summit Hotel

AAA Four-Diamond resort in Park City, Utah; ski-in, ski-out. The deal: 40 percent off through April 16. parkcitymountain.com

Grand Summit FACEBOOK



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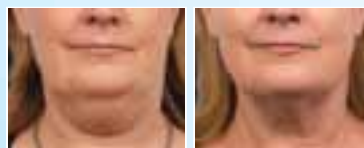
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Continued From Page 28

Loews Hotels

All properties are pet-friendly and several have Cyber Monday sales. The deal: 20 percent off best rate for stays through Nov. 30, 2017. loewshotels.com

Rancho Bernardo Inn

Don't let the name fool you: This upscale 265-acre resort has three swimming pools, lush gardens and a spa. The deal: 50 percent off through Jan. 5. ranchobernardoinn.com

INTERNATIONAL

Nayara Springs

This adults-only romantic resort is situated right in the rainforest of Arenal Volcano National Park in Costa Rica. The deal: 35 percent off a four-night stay. Jan. 1-April 1. nayarasprings.com

Landings Resort

AAA Four-Diamond all-suite resort at Rodney

Beach in St. Lucia. Deal: 50 percent off from Jan. 3-April 20. Stay seven nights or more and receive a \$100 resort credit. landingsstlucia.com

The Palms Turks & Caicos

This 72-suite oceanfront resort sits on Grace Bay Beach, rated one of the most beautiful white sand beaches in the world. The deal: 30 percent off plus a \$100 dining certificate; valid May 15-June 15. thepalmstc.com

One Aldwych

Located in London's Covent Garden, with 25 theaters within 10 minutes' walk. The deal: Book two nights, get a third free from Jan. 1-April 17. Code: CYBER. onealdwych.com

GoldenEye

Iconic resort on the Jamaican property that used to be Bond creator Ian Fleming's home. The deal: 35 percent off three nights or more,



The Landings Resort and Spa PROVIDED

plus a daily resort credit toward dining and activities. Valid through Jan. 31. Code: ONELOVE. goldeneye.com

Condado Vanderbilt

Recently reopened, includes a lavish spa with a hammam in San Juan, Puerto Rico. The deal: 35 percent off stays between Dec. 20, 2016 and Dec. 20, 2017. condadovanderbilt.com

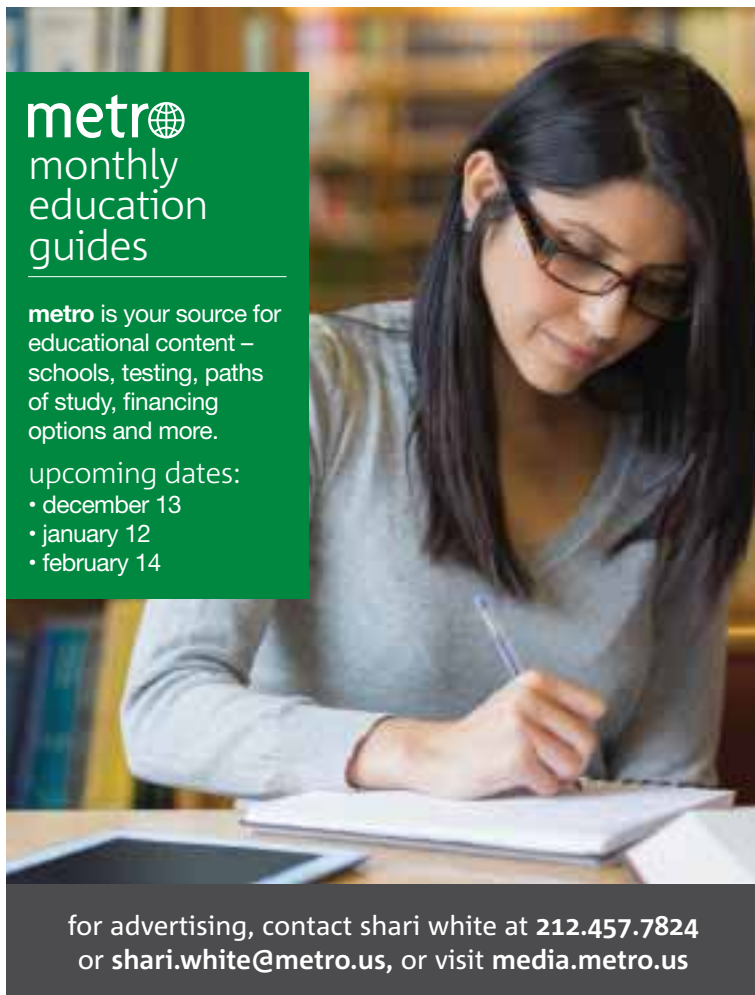
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How to break into the world of fashion design

Learn how to stand out in this crowded and competitive field.



LAKSHMI GANDHI
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Aspiring fashionistas looking to break into the world of design need more than a good eye and a fantastic sense of style.

"Everyone who picks out a button thinks they are a designer these days," says George Simonton, a longtime fashion designer and a professor at the Fashion Institute of Technology. "You see all of these so-called designers who are celebrities, but they I tell my students they are pretend designers, they are hiring people to do the work."

Simonton says that

while much has changed since he began his career in fashion 50 years ago on Manhattan's famed Seventh Avenue, the fundamentals remain.

"You still have to learn the craft," he stresses. "Yves St. Laurent is my idol and years ago came to visit FIT. The students asked him what the secret to his success was. He said, 'I learned my craft.'"

We asked Simonton to



To become a fashion designer you need to learn the fundamentals of the craft says Simonton. **ISTOCK**

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HOW TO GET AHEAD

start working, but you better know how to do it yourself."

Develop a thick skin

Like many other creative types, fashion designers can be notoriously protective of their ideas. But Simonton says the best designers are able to take a step back. "My students often say, 'You really made me have a trained eye,'" he says. "You have to be able to look at your garment critically." The ability to take criticism and adapt is a key skill in the world of fashion.

share his advice for students dreaming of rocking the runway one day.

Master the basics

Simonton always tells students that while technology has obviously made some aspects of fashion design easier, a strong foundation is still key. "Courses like sketching, pattern making and draping are all important," he says. "You might not have to do it when you

Be your best salesperson

In addition to his work as a designer, Simonton made a name for himself as a longtime host on QVC. "During my 12 years on air, people would stop me and say 'I love the way you talk about your garments,'" Simonton recalls. "You have to be a business person and a designer at the same time." The best salespeople always let their passion for their ideas and collections shine through.

Become a people person

The days of fashion designers being part of the background are long gone, but Simonton says many of the students he meets are too reserved for the industry. "I see students who come into my classroom and they don't say good morning, they are constantly looking at their computers. But they've got to learn how to present themselves," says Simonton. "Because you're going to be presenting your ideas to your boss, to your sales people and to the press. So you better start learning how to do so."

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How to deal with digital distractions

And why being bored is actually good for you.



SARA FEINSTEIN
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When it comes to our relationship with our devices — we are slaves. Their glowing screens and flashing alerts are so incredibly tempting, and whether or not we'd like to admit it, they're our kryptonite.

Thankfully, the solution is not to divorce ourselves from technology altogether, explains Adam Gazzaley, a professor in the departments of neurology, physiology, and psychiatry at the University of California and author of a book about our behavior in a high-tech culture, "The Distracted Mind."

"We just need to learn

how to take control and manage it better," he says.

With that in mind, Gazzaley walked us through a series of tips for staying on task amid the chaos of a digital-distraction-filled world.

Change expectations

One of the main challenges that comes with the ubiquity of technology is the expectation that people be available 24/7. The goal then, explains Gazzaley, is to rewrite the expectations. "With people that contact you, let them know that if they don't hear back from a text or email immediately, it's OK," says Gazzaley. The same goes for the workplace. Whether it's informing coworkers that you won't be responding to

emails on the commute home or the more blatant, "putting up a cone of silence," essentially, a do not disturb sign, the main goal is to clearly define your availability.

Mini breaks

While concentrating on a task for an extended period of time can be difficult, mapping out a series of breaks can make the task more manageable, says Gazzaley. "But that doesn't necessarily mean checking your email or social media," he explains. "Reverting back to technology could lead to a recursive cycle of getting pulled further and further away from your goals." Instead, rather than going down the Facebook hole, he suggests an outdoor walk, light exercise or perhaps the most benefi-

cial: meditation. Not only do meditative techniques help improve sustained attention, explains Gazzaley, "they also help you learn how to recognize when you are internally being distracted, and then return your attention back to your goals."

Out of sight helps

"The fact that technology is always right there, and that it can ping you, without you even asking for it, is really a lot for us to deal with," says Gazzaley. To avoid getting sucked in by these alerts, he suggests diminishing your access to technology. "This means shutting down your email program — not just minimizing it, keeping your desk clear of distractions, even turning your phone to airplane mode," explains



Gazzaley. "If you have an issue with texting and driving," he adds, "put your phone in the trunk when you drive."

Learn when to multitask

It's important to know when is an appropriate time to multitask, and when isn't explains Gazzaley. "If you're doing something that requires a very high

quality, something that represents you, something that has a time pressure on it — that's not the time," he says. In fact, while we often claim to be "multitasking," the truth is we're never actually performing two tasks simultaneously, says the professor. Instead, we're rapidly switching from one task to another, which ultimately causes a performance reduc-



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tion. So when can you multitask? "When you're doing something where the impact is low and the quality demands are not so high," says Gazzaley. "In that case, by all means, multitask away across your media because it's a fun way to engage with technology."

Give boredom a chance

It's happened to all of

us. You shut down all of your tabs and try to focus on one thing, and suddenly, you begin to feel unstimulated. "Part of my message is: It's OK to be bored," says Gazzaley. "We have to learn to accept a little bit of boredom, get used to it, and learn that with sustained attention you can push through and find another type of satisfaction on the other end."

More important, these moments of boredom are actually beneficial and can give way to creativity and reflection, explains Gazzaley. So next time, try to not automatically pull your phone out while waiting on line, and instead allow yourself to contemplate some ideas. "There's a lot of value that we could be missing in these moments," Gazzaley says.



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3 Things we learned in the Giants' win over Cleveland

The G-Men picked up their sixth straight win Sunday.



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Big plays from wide receiver Odell Beckham Jr. and defensive end Jason Pierre-Paul propelled the Giants to a 27-13 win over the Browns on Sunday in an ugly game that the visitors seemed ready to give away several times.

With the win, the Giants are now 8-3 and have won six in a row. This game was the first time during this win streak that the Giants have won by more than a touchdown. The now 0-12 Browns, however, put up quite a fight.

The Giants took a 7-0 lead in the second quarter via a 13-yard connection between quarterback Eli Manning and wide receiver Dwayne Harris. The Giants would then make it 14-3 late in the second quarter, with Manning finding Beckham over the



Odell Beckham Jr. was dancing all afternoon in Cleveland on Sunday. GETTY IMAGES

middle for a 33-yard catch and run into the end zone.

Beckham finished with six receptions for 96 yards and two touchdowns, including a big 41-yard catch in the fourth quarter that

was followed by a touchdown grab just a couple of plays later.

Despite their winless record, the Browns did manage to move the ball effectively at times but their penchant for untimely penalties and inability to protect the quarterback led to stalled drives and squandered points.

With 10:58 left in the game and the Giants up 14-6, Pierre-Paul — who had been in the backfield all day — had a Josh McCown pass fall into his

hand. McCown's arm was hit during his throw, and the ball fell right to Pierre-Paul who was rushing off the edge.

The Giants' defensive end rumbled 43 yards to put the Giants up by a decisive 20-6 score line. He had three sacks on the day, one of five times the Giants dropped the Cleveland quarterback. He also had a forced fumble.

1 Pryor shines

That revamped Giants

secondary got picked on like a nerdy kid digging for treasure in his nose with Terrelle Pryor lighting up the unit. Pryor, once a quarterback, finished with six catches for 131 yards — torching the Giants back-end. Rookie cornerback Eli Apple struggled against his fellow Ohio State alum. Pryor's emergence on a bad team has been one of the very few bright spots for Cleveland this year.

2 Bending not breaking

Before halftime, the Browns pieced together a long, somewhat plodding drive that included a fourth down conversion. Inside the red zone, just four yards away from a touchdown that would level the game at 7-7, the Giants' defense held on three straight downs and held the Browns to a field goal.

The Giants would respond with a quick and efficient four play, 69-yard drive that concluded with a 33-yard touchdown pass between Manning and

Beckham. The Browns went from nearly tying the game to down 14-6 at halftime (the Browns would get another field goal on the final play of the first half). It was a momentum killer.

3 Wing and a prayer

The Giants were forced to punt on their first possession of the second half, this after a frustrating series where they went three-and-out. Punter Brad Wing hit a low, line-drive punt that looked like a mis-hit. It was cringe-worthy.

Instead of being a dud, though, it kept rolling and rolling and rolling, all the way past Browns returner Duke Johnston. Johnston was forced to pick it up on a hop before he was tackled at the 12-yard line. It was a 58-yard punt for Wing, who is piecing together a very solid season for the Giants and his effort significantly changed field position.

Also noticeable for Wing was his five kicks inside the 20-yard line on Sunday.

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Jets nearly upset New England

Gang green fell apart late in the fourth quarter to lose yet again.



MATT BURKE
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The Patriots' trip to New Jersey was far from a cakewalk as New England struggled to find any offensive momentum until the very end of the ball game at the Meadowlands. A late fourth quarter touchdown drive, highlighted by a converted fourth-and-4 at the Jets' 37-yard line, allowed the Pats to grab a 22-17 victory. New England is now 8-2 on the season while the Jets fall to 3-8.

Tom Brady hit James White to pick up the key fourth-down play and the Pats' QB found Malcolm Mitchell for an 8-yard TD play moments later. Chris Long saved the Pats defensively as he stripped Jets QB Ryan Fitzpatrick with under two minutes remaining, allowing Trey Flowers to pounce on it at the Jets' 31-yard line. The fumble clinched the victory for the Pats.

The Jets led after one quarter, 3-0, and the game was tied at 10



Tom Brady came alive in the fourth quarter against the Jets on Sunday. GETTY IMAGES

at the half. New York's Brandon Marshall found the end zone to start the second quarter on a one-yard TD throw from Fitzpatrick. The Jets went 79 yards on the drive.

The Patriots answered in the second with a 28-yard field goal by Stephen Gostkowski and a Tom Brady touchdown throw to Mitchell. The TD came after Brady dropped the ball momentarily in shotgun formation but the future Hall-of-Famer had enough poise to pick the ball up and find Mitchell in the corner of the end zone.

Mitchell was quite busy on the day as he was targeted seven times. He finished the day with 42 yards receiving on five catches and scored twice. In the second quarter, he was interfered with by the Jets secondary on a double pass by Chris Hogan that set up the Pats at the Jets' 8-yard line. He also nearly came up with a diving TD grab in the fourth quarter but the Pats again wound up settling for a field goal.

The much maligned Fitzpatrick, who had five TD passes and was

picked off zero times against the Pats last season, again had success against the New England defense. His best throw of the game was on a corner fade to Quincy Enunwa, who went up and beat Pats cornerback Malcolm Butler, to score a go-ahead Jets touchdown with 10:26 left in the fourth quarter. The score put the Jets up, 17-13, before Brady orchestrated another late game-winning drive.

The win was the 200th of Brady's career and he tied Peyton Manning for most by a QB all-time.

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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT OF THE
COUNTY OF QUEENS, EMIGRANT
FUNDING CORPORATION,
Plaintiff, vs. LA-THEL HOLDINGS
INC., ET AL., Defendant(s)

Pursuant to a Judgment of
Foreclosure and Sale duly filed
on October 19, 2016, I, the
undersigned Referee will sell
at public auction at the Queens
County Courthouse, Courtroom
25, 88-11 Sutphin Boulevard,
Jamaica, NY on December 09,
2016 at 10:00 a.m., premises
known as 85-35 118th Street,
Kew Gardens, NY. All that
certain plot, piece or parcel of
land, with the buildings and
improvements thereon erected,
situate, lying and being in the
Borough of Queens, County
of Queens, City and State of
New York, Block 9261 and Lot
40. Approximate amount of
judgment is \$1,114,649.79
plus interest and costs.
Premises will be sold subject
to provisions of filed Judgment
Index # 1931/09.

Mitchell Kaufman, Esq. Referee
Borchert & LaSpina, P.C. 19-02
Whitestone Expressway, Suite
302, Whitestone, New York 11357
Attorneys for Plaintiff

NOTICE OF FORMATION

of SanBin LLC. Articles of
Org. filed with the Secy. of
State of New York (SSNY)
on 10/18/2016. Office
location: New York County.
SSNY is designated as
agent of LLC upon whom
process against it may be
served. SSNY shall mail
process to the LLC c/o
Binbin Zhang, 16 West 16th
Street, #10LN, New York,
NY 10011. Purpose: any
lawful activity.

NOTICE IS HEREBY GIVEN

that a license, Number 1298612,
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for by the undersigned to sell Beer
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under the Alcoholic Beverage
Control Law at 242-03 Northern
Blvd. Douglaston, NY 11363, for
on-premises consumption. Tokyo
Go Go Inc.

NOTICE IS HEREBY GIVEN

that a license, Number 1298230,
for Beer & Wine has been applied
for by the undersigned to sell Beer
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Control Law at 201 Allen Street,
New York, NY 10002, for on-premises
consumption. Yokoya Inc.

NOTICE IS HEREBY GIVEN

that a license, Number 1298021,
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for by the undersigned to sell Beer
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under the Alcoholic Beverage
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New York, NY 10013, for on-premises
consumption. Funny BBQ 98 Inc.

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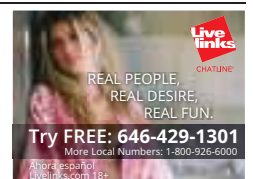
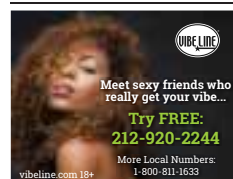


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Across

- 1 Afts.
- 4 Pertaining to the eye
- 9 Put money on
- 12 Jungle knife
- 13 Luau welcome
- 14 Not include
- 16 Recline lazily
- 17 Coach
- 18 VIII, to Virgil
- 19 Pythagoras had one
- 21 Level off
- 23 Dah-dit man
- 25 Muffled
- 26 Beyond disgusting
- 29 -- linen or manners
- 31 Point of an antler
- 32 Nintendo rival
- 33 Snatch
- 37 Fleming of 007 fame
- 38 Souped-up cars (2 wds.)
- 41 Formal vote
- 42 Mild rejoinder
- 44 Vampire's tooth
- 45 Skeptical
- 47 Prefix with red
- 49 Dogie catchers
- 50 Blot out
- 53 Pounces
- 55 Out of stock (2 wds.)
- 57 Lack
- 61 Shuttle launch sound
- 62 Don -- de la Vega

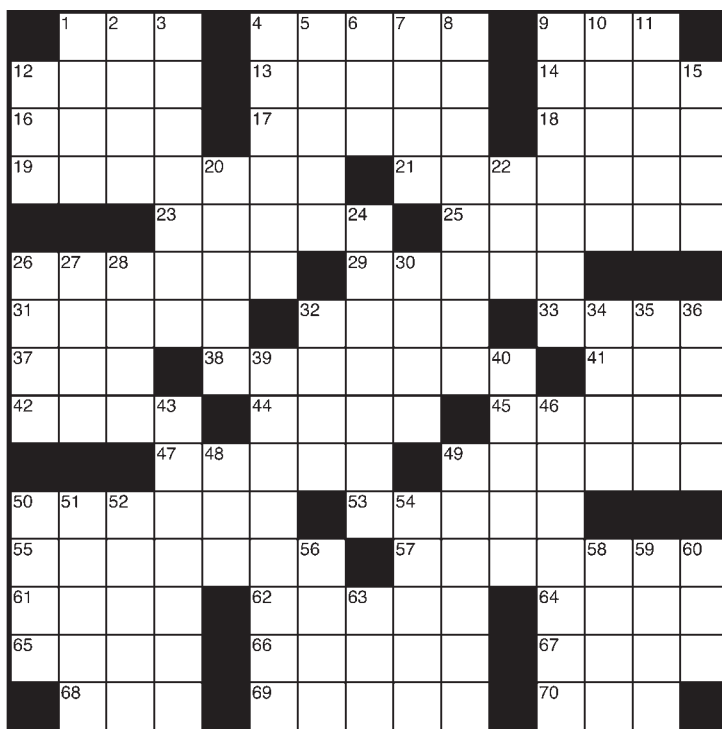
- 64 Buzz's capsule-mate
- 65 "Lost Horizon" role
- 66 Calculator key
- 67 Hit on the noggin
- 68 Pro -- (for the time being)
- 69 Really nice people
- 70 Hydrocarbon suffix

Down

- 1 Piglet's friend
- 2 Fr. honorific
- 3 Grundy born on a Monday
- 4 Movies with a posse
- 5 Cushy jobs

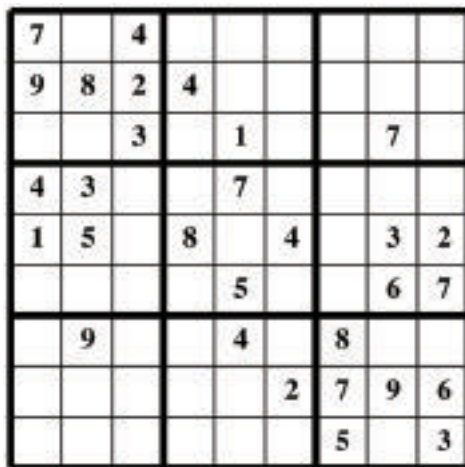
- 6 Jigger
- 7 Hotcakes franchise
- 8 New Mexico cavern
- 9 Contraband
- 10 Banquet host
- 11 Atlas, e.g.
- 12 Quick lunch
- 15 Make much of
- 20 Coarse
- 22 Run a fever
- 24 Forever
- 26 Mayberry kid
- 27 Wind resistance
- 28 Macbeth's burial place
- 30 All excited
- 32 Galaxy unit
- 34 Whiskey grains
- 35 Space lead-in
- 36 Howls
- 39 Insulted
- 40 Wallops
- 43 Manual feature
- 46 Gist
- 48 PFC superior
- 49 Works hard
- 50 Scruggs of bluegrass
- 51 Relax in the pool
- 52 Pilot light
- 54 Anxious to start
- 56 "-- kleine Nachtmusik"
- 58 Garish sign
- 59 Theater
- 60 Broad-antlered deer
- 63 Depot info

metro.us/crossword

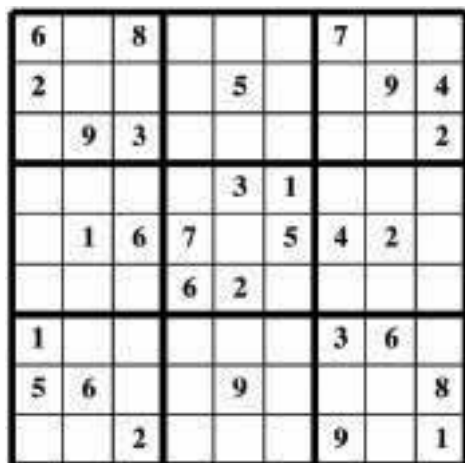


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries You must keep secrets to yourself in order to avoid discord. Unsettled situations will escalate if you don't put out any fire that's smoldering.



Taurus Share your concerns. A unique approach to an old idea may solve a problem initially, but in the long term it isn't likely to put you in a favorable position.



Gemini Keep your eye on a position that interests you. Take a different approach to getting what you want. Listen carefully before you agree with someone's words.



Cancer A trip will be enlightening. Sharing your thoughts and feelings will break down barriers that have held you back in the past. Romance is highlighted.



Leo An emotional issue is best dealt with in an unorthodox way. Not everyone will like your decision, but you have to do what's best for yourself. Make your move.



Virgo Make changes to your residence or remove yourself from a situation that isn't in your best interest. Take charge of your life and take care of your health.

Yesterday's answers



Can't wait until tomorrow to check your answers? Visit metro.us



Libra Ponder what's available to you and whom you want to collaborate with. Make decisions rather than accept what someone else wants you to do.



Scorpio Back away if someone tries to pry into your affairs. Offering minimal information will help you avoid an unstable situation and dispute.



Sagittarius You need to take charge if things aren't going your way. You are responsible for your life and happiness. Backing down will not get you where you want to go.



Capricorn Avoid being predictable. Taking a unique approach to a project or how you deal with others will give you the edge you need to stay on top.



Aquarius Good fortune will depend on common sense. Listen to your inner voice. Don't disparage an idea until you take a closer look and determine its merit.



Pisces Creative accounting will help you avoid a hefty penalty. Don't share personal information. Help a cause if you believe in it. EUGENIA LAST

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- 8GB DDR3 • 256GB Flash
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- USB Stereo Turntable
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- Built-in phono preamp
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- Full HD 1920 x 1080 LED Panel
- MR 60 Refresh Rate Technology
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- ConnectShare Movie
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SAMSUNG

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- 1.3 GHz Snapdragon 410 CPU
- 1.5GB of RAM •8GB Storage
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- 5MP Rear Camera / 2MP Front Camera
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SM-T280NZKAXAR

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- Equipped with Bluetooth 4.1
- Dual Powerful & Portable 3.0" Drivers
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- Stream Wirelessly or Use Aux Input Jack
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- 2.1 Channel 300 Watt Wireless Audio Soundbar
- Length & Power Output: 35" 300 Watt (2.1 Channels)
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- Wall Mountable
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